

# ARUBA



Lago Oil & Transport Co., Ltd.

Aruba, Netherlands Antilles

Vol. 42 — No. 4

May 1982

## E Papel di OPEC den e Industria Petrolera

*Durante un periodo cu ta marca e di 100 aniversario di Exxon y cambianan dramático den e escena mundial di petroleo, ta parce un bon ocasion pa presenta articulo riba e historia, trabownan y desaroyu di e industria petrolera. Ya cu OPEC (e Organizacion di Paisnan Exportador di Petroleo) a hunga un papel asina importante den desaroyonan reciente di e industria petrolera, ■ articulo aki ta presenta un historia breve di e organizacion ey.*

### Pre-OPEC

E gobierno di paisnan cu ta produci petroleo, observando e crecimiento rapido di e industria petrolera na principio di II Guerra Mundial, tabatin pura pa aumenta nan parti di e beneficiacionan di petroleo. Antes di 1948, ■ compensacion cu tradicionalmente a wordo paga na e paisnan productor di petroleo tabata un percentahe fiho di pago di derecho.

Despues di II Guerra Mundial, ■ gobierno di Estados Unidos, a institui controlnan riba importacion, den su interes pa proteha ■ industria di produccion domestico di E.U. y tambe pa motibonan strategico.

Ora cu e mercado di E.U. a wordo reduci significativamente, companianan petrolera stranhero mester a busca mercadonan nobo. Competencia pa mercado a bira mas intensivo y asina prijsnan ■ baha.

Sinembargo, gobiernonan productor, tabata descontento pa wak e companianan di petroleo reduci nan prijsnan pa refleha ■ estado debil di e mercado aki, ya cu esey lo a nifica un reduccion den nan entrada. E gobiernonan aki a determina cu nan interesnan lo mester tin un mihor proteccion den futuro. Esaki tabata e genesis di ■ proceso cu finalmente a desaroya den OPEC manera e ta conoci awendia.

### E Nacemento di OPEC

Na September 1960, oficialnan di gobiernonan di Saudi Arabia, Venezuela, Iran, Iraq y Kuwait a reuni y ■ dicide di forma e Organizacion di Paisnan Exportador di Petroleo.

E metanan di e organizacion tabata:

- Pa trece union den reglanan di petroleo
- Pa proteha e interesnan di su miembronan
- Pa mantene e prijsnan firme y liber di tur fluctuacionnan innecesario.

Cu tempo OPEC a expande su asociacion cu Qatar, Indonesia, Libya, Abu Dhadi (awor yama United Arab Emirates), Algeria, Nigeria, Ecuador y Gabon pa un total di 13 miembro, 7 di lo cual ta Estadonan di Medio Oriente.



Mr. G.E. Golden, President, discussing Lago's current outlook on the world-wide oil situation, at a recent employee information session.

### OPEC den Crecimento

Den principio, e obhetivonan principal di OPEC tabata pa aumenta entrada di gobiernonan productor y pa harmonisa e interesnan di petroleo, posiblemente contradictorio, di su miembronan.

Gradualmente OPEC a haya mas forza como un entidad di negociacion durante anjanan '60, dictando prijs pa crudo y productonan y te aworaki a logra realisa su obhetivonan.

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## OPEC's Role in the Oil Industry

*During a period which marks both the 100th anniversary of Exxon and dramatic changes in the world oil scene, it seems an appropriate time to present articles on the history, workings and developments in the oil industry. Since OPEC (the Organization of Petroleum Exporting Countries) has been such an important part of recent world oil developments, the following article presents a brief history of that organization.*

### Pre-OPEC

The governments of oil producing nations, observing the rapid growth of the oil industry with the onset of World War II, were eager to increase their share of the oil benefits. Prior to 1948, the traditional compensation paid to the oil producing countries was a fixed percentage royalty payment. Post World War II the United States government, in the interest of protecting the U.S. domestic producing industry as well as for strategic reasons instituted import controls.

With the U.S. market significantly reduced, foreign oil companies had to find new markets. Competition for outlet became more intensive and prices fell.

Producing governments, however, were unhappy with the prospect of the oil companies reducing prices to reflect this market softening, since this would mean a reduction in their revenues. These governments were determined that their interests would have to be better protected in the future. This was the genesis of the process which ultimately led to OPEC as it is known today.

### The Birth of OPEC

In September 1960 government officials of Saudi Arabia, *Cont. on page 7*



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 Printer: Verenigde Antilliaanse Drukkerijen N.V.

## Caution Urged in Handling Used Motor Oils

Exxon Corporation has issued a precautionary advice on the handling of used engine oils, and employees and others who are likely to come in contact with used oils are being informed in accordance with the policy of Exxon Corporation.

When used in internal combustion engines, lubricating oils, regardless of make or origin, can undergo a change. Recent studies have indicated that substances produced by this change have caused skin cancer in mice. Although the risk to humans in normal circumstances is considered to be slight, Exxon has issued some precautionary advice stressing the need for continued attention to good hygiene practices, when handling used engine oils.

Exxon advises that all persons who have contact with used engine oils, including do-it-yourself enthusiasts who may spend considerable time working on engines, should exercise care to avoid prolonged skin contact and maintain good standards of personal hygiene.

The following precautions are already being practiced at Lago for all kinds of petroleum products, but they also should be followed at home.

**PROLONGED, EXCESSIVE OR REPEATED CONTACT WITH ENGINE OIL SHOULD BE AVOIDED:** Prolonged or repeated contact with any mineral oil product will result in removal of natural fats from the skin leading to dryness, irritation and dermatitis. In addition, **used engine oil** contains harmful contaminants and has been shown in laboratory tests to cause skin cancer in mice. Some of the mice developed skin cancer following repeated application of used engine oil with no effort to remove the oil between applications.

**TO PROTECT YOUR HEALTH WHEN HANDLING USED ENGINE OIL, YOU SHOULD:**

- Avoid prolonged, excessive, or repeated skin contact with used engine oils.
- Remove motor oil from the skin.
- Wash thoroughly with special hand cleaners and as an alternative soap and water.
- A nail brush is an effective aid.
- **Do not use** gasoline, diesel fuel, gas oil, thinners or any solvent to clean skin.
- Avoid skin contact with oil-soaked clothing.
- Do not keep oily rags in your pockets.
- Launder dirty clothing before re-use.
- Discard oil-soaked shoes.



MPT's nobo di Lago, recientemente a ricibi mas informacion tocante trabow na Lago, durante un programa di orientacion.

## Mester tin Cuidao tratando cu Azeta Usa de Motor

Exxon Corporation a publica un conseho di precaucion tocante azeta usa di motor y empleadonan y otro hendenan cu ta bini en contacto cu azeta usa, ta ser informa di acuerdo cu e reglanan di Exxon Corporation.

Ora cu azeta lubricante ta ser usa den motor di combustion interno, nan ta ser sometí na un cambio no obstante nan fabricacion of origen. Estudionan recien a indica cu substancianan produci door di e cambio aki a causa cancer di cuero na ratonnan. Aunque e riesgo pa hende den circunstancianan normal ta ser considera leve, Exxon a publica algun conseho di precaucion cu enfasis riba e necesidad pa atencion continuo pa bon practicanan di higiene ora ta trata cu azeta usa di motor.

Exxon ta conseha tur personanan cu tin contacto cu azeta usa di motor, incluyendo e personanan cu ta gusta pasa basta hora di nan tempo trahando riba motornan, pa nan pone cuidao pa evita contacto prolonga di tal azeta cu nan cuero y mantene bon nivel di higiene personal.

E precaucionnan siguiente ya caba ta ser poni en practica na Lago pa tur clase di productonan di petroleo, pero nan mester wordo sigui na cas tambe.

**CONTACTO PROLONGA, EXCESIVO Y FRECUENTE CU AZETA DI MOTOR MESTER WORDO EVITA:** Contacto prolonga of repetidamente cu cualquier producto di azeta mineral por resulta cu e vet natural di e cuero ta wordo kita y esaki ta causa secura, iritacion y dermatitis. Adicionalmente, **azeta di motor usa** ta contene laborantinanten danjino y a ser comproba den testnan di contaminacion cu e ta causa cancer di cuero den ratonnan. Algun di e ratonnan a hanja cancer di cuero despues di varios aplicacion di azeta usa di motor ora cu ningun esfuerzo a ser hasi pa kita e azeta entre e aplicacionnan.

**PA PROTEHA BO SALUD ORA TA TRATA CU AZETA USA DI MOTOR, BO MESTER:**

- Evita contacto cu cuero prolonga, excesivo of repetidamente ora ta trata cu azeta usa di motor.
- Kita azeta di motor for di bo cuero.

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## Teagle Scholarships Affected by I.R.S. Ruling

In a recently published ruling, the Internal Revenue Service of the United States imposed new conditions with respect to grants made by a private foundation to provide scholarships to employees, and the children of employees of a particular employer.

Teagle Scholarship Foundation has applied to I.R.S. for approval to continue its present programs but cannot predict when a final I.R.S. reaction to its request will be received.

In view of these circumstances, Teagle Foundation wishes to advise children of Lago employees that some uncertainty exists with regard to their application for scholarships. Employees who have applied for the 1982/83 academic year or who intended to apply for Teagle Scholarships are advised not to rely on such support.

The I.R.S. ruling does not affect renewals of existing scholarships, through the granting of the degree for which the student is now enrolled. However, it is not possible now to give the same assurance for subsequent studies leading to higher degrees in any program.

## PROMOTIONS

Victor Tjin-Tham-Sjin  
Senior Financial Specialist  
Controller's Department



Donald Berkel  
Engineering Technician/OSD  
Technical Department

## \* SERVICE MILESTONES \*



Basil Schmidt  
30 years



Arturo Danies  
30 years



Esteban Henriquez  
25 years



Willem Lacle  
30 years



Dr. Joannes Waasdorp  
30 years

## Russell Dowling Assumes Temporary Assignment



On April 21, Russell H. Dowling, Senior Applications Engineer in the MCS Section of the Technical Department, left on a temporary assignment to Exxon Research and Engineering Company, Florham Park, accompanied by his family. There in New Jersey, Russell has been assigned to the Process Control and Simulations Section.

## Becanan Teagle afecta door di Reglanan di I.R.S.

Den e reglamento recientemente publica, e Internal Revenue Service di Estados Unidos a impone condicionnan nobo tocante donacionnan cu fundacion priva ta hasi pa duna becanan na empleadonan y e junan di empleadonan di un dunador di trabao en particular.

Teagle Scholarship Foundation a pidi e aprobacion di I.R.S. pa por continua su programan actual, pero e no por predecir ki tempo lo haya reaccion final di I.R.S. pa su peticion.

En vista di e circunstancianan aki, Teagle Foundation ta conseha junan di empleadonan di Lago, cu cierto incertidumbre ta existi tocante nan aplicacion pa beca. Empleadonan cu a aplica pa e anja escolar di 1982/83 of cu tin dependencia pa beca di Teagle ta wordo avisa pa no depende di ayudo aki.

E reglamentonan di I.R.S. no ta afecta e renovacionnan di e becanan existente pa e grado di estudio pa lo cual e estudiante ta inscribi awor. Sinembargo, no ta posibel awor pa duna e mesun seguridad pa estudionan di grado mas halto den ningun programa.

# THE MECHA



E. Cornelio and T. Koolman removing the test plate of a new titanium bundle to be used by the L2AR unit.



R. van der Linden and F. Croes, changing the seal of a pump.



H. Rosel, testing a crane alternator.

Refinery equipment requires continuing service and repairs to achieve reliable and safe operations. Lago's Mechanical Department is responsible for the repairs to all equipment. Field maintenance personnel are the first interface with the operations personnel. The Lago's field mechanics are supported by the Mechanical Shops in completing repairs to Lago's equipment. Although less visible, the Mechanical Shops are an essential part of Lago's Maintenance program.

There are five distinct areas in the Mechanical Shops with a total of 60 employees, including: The Pipe/Welding Shop, Metal Shop, Garage, Machine/Electrical Shop and Instrument Shop.

The Pipe/Welding Shop handles bending, threading and welding operations for maintenance and new constructions. Special gaskets are also prepared in this shop. Ninety percent of the welding work is associated with piping fabrications although specialty welding on other equipment is also handled in this area.



M. Werleman and E. Rumnit, welding the head of a bundle shell with an automatic submerged welding machine.



R. Feliciano, R. M. parts for equipmer

The Metal Shop is responsible for heat exchange bundle repairs and retubing, plate rolling/shaping, tin smithing, lead lining, sandblasting, and painting.

The Garage provides repair and servicing for the refinery's heavy equipment such as mobile cranes, forklifts, fire trucks, etc.

The Machine/Electrical Shops handle pump overhauls, electric motor servicing, balancing of rotating equipment, and fabrication/repair of specialty machinery components.

The Instrument Shop provides repair services for our field instrumentation including gauges, control valves, thermocouples, etc. In addition, this shop provides specialty services for the self contained breathing apparatus and stress relief machines which are used throughout the refinery.

Obviously, the Mechanical Shops provide a wide variety of services to assist the Mechanical Department in keeping the refinery running smoothly. How can the personnel in the Mechanical Shops respond to all these demands? Each day the shops are faced with new requests for repairs.

The Mechanical Shops Zone Supervisor, George Lambrinos, working with input from other Mechanical Department Zone Supervisors and Process Foremen, allocates the men in the shops in response to agreed priorities. Using these priorities shop schedules for completion of work are established and communicated to the relevant Process and Mechanical Supervisors. Meeting these scheduled completion dates is an essential part of the Company's objectives to maintain a reliable and efficient refinery operation and to meet Lago's operating program to meet crude processing and product sales commitments.

In an effort to obtain better understanding of the importance of the Mechanical Shops' role in meeting Lago's operational goals and objectives, Quality Control Circles have been established. These Circles are unique in Lago and based on a Japanese system. The Quality Control Circles are designed to give the shop workers the opportunity to become more involved in their work and more committed to operating goals. There is much evidence that such involvement and commitment lead to better morale and improved productivity.

The shops have established three Quality Control Circles which cover all shops' functions. One Circle is involved in work for the Pipe/Welding and Metal Shops. A second Circle covers the Garage and Machine/Electrical Shops. A third Circle operates in the Instrument Shop.

Each of these three Circles meet once a week for one hour. These meetings are chaired by a member of the group who is a regular member of the particular shop. The Circle reports to the Shop Supervisor responsible for that area. An IOWUA Shop Steward attends all meetings to keep the Union advised of conclusions. These meetings are intended to provide a forum to discuss methods to make the work safer, easier and faster.

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# MICAL SHOPS



garoa, making machine.



R. Vrolijk, controlando e cantidad di coriente cu ta pasa den e "meter prober".



J. Ras y E. Dreischor, armando un motor electrico di Alky 2.

Equipo de refineria ta requeri servicio y reparacion continuo pa logra operacionnan confiabel y sin peligro. E Mechanical Department di Lago ta responsabel pa reparacion di tur equipo.

Empleadonan di mantencion di planta ta e prome contacto cu e empleadonan di operacion. E mecaniconan di planta den Lago ta wordo yuda door di Mechanical Shops den terminacion di reparacion pa equipo di Lago. Maske nan ta menos visibel, Mechanical Shops ta un parti esencial di e programa di mantencion di Lago.

Tin cinco area diferente den Mechanical Shops cu un total di 60 empleado, incluyendo: Pipe/Welding Shop, Metal Shop, Garage, Machine/Electrical Shop y Instrument Shop.

E Pipe/Welding Shop ta trata cu operacionnan di mantencion y construccion nobo den doblamento di hero, trahamento di draad y weldermento. "Gaskets" special tambe ta wordo prepara den e shop aki. Nobenta porciento di un trabow di welder ta asocia cu fabricacion di tubo, maske cu weldermento special riba otro equipo tambe ta ser trata den e area aki.

E Metal Shop ta responsabel pa drecha grupo di tubo den un "heat exchanger", renoba tubo, lora y forma plancha, traha plancha di metal, fura chumbo, supla cu santo y verf.

E Garage ta provee reparacion y servicio pa tur e equiponan di hopi peso den refineria manera grua, machin pa transporta objetonan pisa, truck di paga candela, etc.

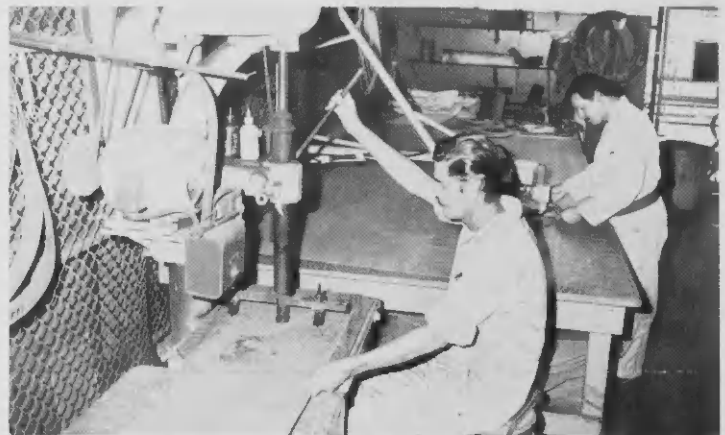
E Machine/Electrical Shop ta trata cu plamamento y drechamento di pomp, servicio riba motor electrico, balansamento di equipo rotativo, y fabricacion/reparacion di partinan di machinnan special.

E Instrument Shop ta provee servicionan di reparacion pa instrumentacion di planta incluyendo aparatonan di midi, valvula di control, "thermo couples" etc. Ademas, e shop aki ta provee servicionan special pa e aparatonan di respiracion independiente y machin pa diminui presion cu ta wordo usa den henter Refineria.

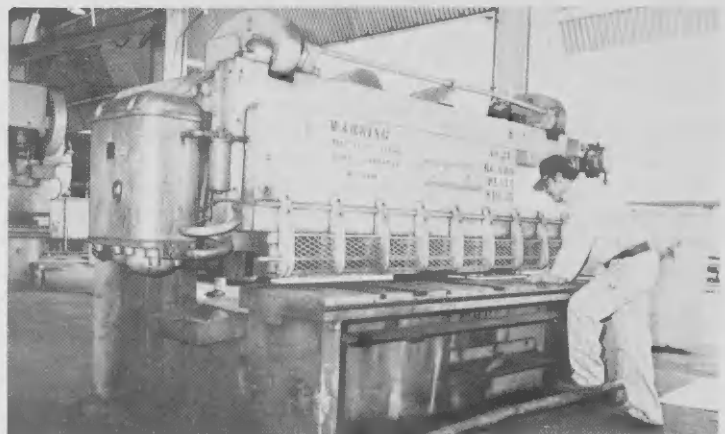
Ta visto, cu Mechanical Shops ta provee un variedad grandi di servicio pa yuda Mechanical Department mantene refineria funciona eficazmente. Con e empleadonan di Mechanical Shops por responde na tur e exigencianan aki? Tur dia e shopnan ta haya un cantidad di peticion nobo pa reparacion. E Mechanical Shops Zone Supervisor, George Lambrinos, trahando cu e cooperacion di Zone Supervisors den Mechanical Department y Process Foremen, ta asigna hende den shops despues di a reuni pa dicidi cualnan ta e trabownan principal.

Basa ariba e trabownan principal, programanan cu terminacion di trabow mester wordo estableci y comunica na e supervisor di Process y Mechanical en cuestion.

E terminacion di trabownan, na e ora cu a wordo estableci, ta un parti esencial di e obhetivonan di Compania pa mantene e operacion di Refineria confiabel y eficiente y pa Lago su programa di operacion por cumpli cu e compromiso di refinamento di crudo y venta di producto.



P. Geerman y R. Koolman trahando "gaskets".



D. Farro, usando un machin cu tin un capacidad pa corta metal di 1/2 duim di gordura y 8 pia di largura.

Den un esfuerzo pa haya un mihor comprension di e importancia di e papel cu Mechanical Shops ta hunga den cumpli cu e metanan y obhetivonan di e operacion di Lago, e asina yama Circulo di Control di Calidad a wordo estableci. E Circulonnan aki ta desinja pa duna e trahadornan di shop un oportunidad pa envolve nan mes mas den trabow y compromete nan mes mas cu metanan di operacion.

Tin hopi muestra cu tal involucramento y compromiso ta causa un mihor estado di animo y un mehoranza den productividad. E shopnan a establece tres Circulo di Control di Calidad, cualnan ta cubri e funcionnan di tur e shopnan. Un Circulo ta involvi e trabownan di Pipe/Welding y Metal Shops. E segundo Circulo ta cubri e Garage y Machine/Electrical Shops.

Y e di tres Circulo ta di Instrument Shop.

Tur e tres Circulonnan aki ta topa un biaha pa siman pa un ora largo. Un miembro di e grupo, kende tambe ta un miembro

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## Balanced Diet: A guide for Health

Good nutrition, contrary to popular beliefs, does not depend on how much one eats but rather on how well one eats. So the wealthy are not necessarily the healthy.

To refresh the memory, the four basic groups are meat, vegetable/fruit, bread/cereal, and milk products. And the six nutrients that are provided in one or more of the four groups are: protein, fat, carbohydrates, vitamins, minerals and water. "A balanced diet therefore means that one should eat at least one item out of each of the four basic food groups, and thus each of the six existing nutrients, every day. Protein can be found in milk products, meat, bread/cereal, fat in milk products, meat and bread/cereal; carbohydrates in milk products, bread/cereal and vegetable/fruit; vitamins and minerals can be found in all four basic food groups; and water is found in liquid," explained Patsy Bislip, a dietician at the Dr. Horacio Oduber Hospital. Patsy, who had a partial scholarship from Lago, has a BS degree in Dietetics Management Specialty and is a member of the American Dietetics Association.

"When you talk to people about their diet, you realize that many don't know what a good diet consists of and that it is for their own health. A balanced diet could be a preventive medicine in itself. One should understand that by not following the right diet, one could become subjected to diseases," Patsy said. Nutritional factors do play an important



**Patsy, surrounded by fresh spinach and papaya's at Santa Rosa, Aruba.**

role in preventing and treating diseases, such as heart disease, obesity and high blood pressure.

"The majority of times, what is left out on most family's tables of the four basic food groups, are the fresh fruits and the green leafy vegetables, such as spinach, broccoli, green beans and calalu (which grows abundantly in Aruba). These vegetables and a variety of fruits are available here. They have a high nutrient density, which means that proportionally they have many more nutrients than they have calories. People here, however, love to eat corn, avocados, plantains and redbeets. These are starchy vegetables and they don't have as high a nutrient density. They are thus high in calories and fattening," Patsy commented. As to local vegetables such as okra, "calbas largo", pumpkin, beans, and cucumber, Patsy explained: Research has already been done on the nutrient density of the Caribbean vegetables. They are high density nutrients and should be consumed. I don't think they should be replaced by canned vegetables, since those have lost some of the nutrients during processing before canning, and some becomes lost when the "chief de cuisine" throws away the water from the can."

Patsy also finds that in Aruba people eat too many starches, such as rice, potatoes, funchi, bread and pan bati. "These starches are only being used when your body needs them, so when they're not being used they are stored up in the body and thus you gain weight. Many families eat the wrong amount of the wrong item: two pieces of meat, potatoes and rice. Instead of that combination they could eat one slice of meat, one vegetable, one starch and one fruit.

The protein you find in the meat can also be provided by milk products, eggs, and fish, but the high amount of vitamins and minerals you find in vegetables and fresh fruit, you won't find

in the same quantity in any other foods."

Another factor in good nutrition stressed by nutritionists is the variety of foods that one consumes. According to a report it is important to eat a variety of foods, because they all may contain a different kind or amount of nutrients. And so eating a variety would ensure that one consumes all necessary nutrients.

There's a lot of truth in the statement "You are what you eat." A balanced diet containing all the necessary nutrients may well be one of the best prescriptions for good health.



**Patsy na Coruba, halando atencion riba e diferente berduranan obtenibel na Aruba.**

## Cuminda Balansa: Un guia pa Salud

Bon nutricion, al contrario di creencia popular, no ta depende di con hopi un hende ta come, pero mas bien con bon un hende ta come. Asina ta cu e hendenan rico no ta necesariamente esnan di mas saludable.

Pa refresca e memoria, e cuatro gruponan basico di cuminda ta carni, berdura/fruta, pan/cereales y productonan di lechi. Y e seis ingredientenan nutritivo cu ta ser hanja den un of mas di e cuatro gruponan basico di cuminda ta: proteina, vet. koolhydraat, mineral y awa.

"Un cuminda balansa kier meen cu un hende mester come tur dia por lo menos un cuminda di cada un di e cuatro gruponan basico di cuminda y di e manera aki come tur e seis ingredientenan nutritivo existente. Proteina ta wordo hanja den productonan di lechi, carni y pan/cereales; vet ta wordo hanja den productonan di lechi, carni y pan/cereales; koolhydraat ta wordo hanja den productonan di lechi, pan/cereales y berdura/fruta; vitamina y mineralnan ta wordo hanja den tur e cuatro gruponan di cuminda basico; y awa ta wordo hanja den liquido," asina Patsy Bislip, un dietista na Dr. Horacio Oduber Hospital, a bisa. Patsy, kende a studia cu un beca parcial di Lago, tin un grado BS den Dietetics Management Specialty y ta un miembro di American Dietetics Association.

"Ora cu bo papia cu hende riba nan costumernan di come, bo ta realisa cu hopi di nan no sa di kiko un bon cuminda ta consisti y cu esaki ta pa nan mesun salud. Un cuminda cu ta balansa por ta un medicina preventivo. Un hende mester compronde cu si nan no sigi un bon sistema di come, nan por bira sensibel pa malesanan," Patsy a bisa. Factornan di nutricion ta hunga un papel importante den prevencion y tratamiento di malesanan, manera malesa di curazon, gordura dimas, diebetis, y presion halto di sanger.

"Mayoria di biaha, loke mas parti no ta aparece riba e mesa di familianan di e cuatro gruponan di cuminda basico, ta e frutanan fresco y e berduranan di blaadji berde, manera spinazie, brocoli, boonchi berde y calalu (cu ta crese den abundancia na Aruba). E berduranan aki y un variedad di fruta ta disponibel akinan. Nan tin un grado halto di ingredientenan nutritivo, loke ta nifica cu proporcionalmente nan tin mas ingredientenan nutritivo cu nan tin calorìa. Sinembargo, akinan hendenan ta gusta come maishi, awacati, banana y rooibiet. Esakinan ta berduranan cu hopi zetmeel y nan grado di ingredientenan nutritivo no ta mes halto cu esnan menciona anteriormente. Dus nan tin hopi calorìa y nan ta

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The H.D.S./Fuel soccer team, champions in the soccer tournament against the government departments.

**Azeta Usa . . .**

*(cont. di pag. 2)*

- Laba bo cuero intensamente cu substancia special di laba man y como alternativa por usa habon y awa.
- Un cepillo di unja ta un ayudo efectivo.
- No usa gasolin, diesel, gasoil, thinner of cualquier otro solvente pa limpia bo cuero.
- Evita pa panja muha di azeta no bini den contacto cu bo cuero.
- No tene panja di azeta den bo saconan.
- Laba panja sushi (di azeta) prome cu bo bolbe usanan.
- Benta afo zapatonan cu ta completamente susha cu azeta.

**Cuminda Balansa . . .**

*(cont. di pag. 6)*

gorda hende liher," Patsy a comenta. Tocante berduranan local manera yambo, calbas largo, pampuna, boonchi y concomber, Patsy a splica: "Investigacion cientifico ya a wordo hasi kaba tocante e valor nutritivo di e berduranan Caribense. Nan tin un valor nutritivo halto y nan mester wordo comi. Mi no ta kere cu nan mester wordo reemplaza door di berduranan di bleki ya cu eseynan a perde algun di ■ ingredientenan nutritivo durante e proceso cu ta tuma lugar prome cu nan ponenan den bleki, y algun di e valor nutritivo tambe ta bai perdi ora ■ hefe den cushina na cas ta benta e awa cu tin den e bleki afo."

Patsy ta hanja tambe cu hendenan ta come demasiado zetmeel na Aruba, manera arroz, batata, funchi, pan y pan bati. "E zetmeelnan aki ta wordo usa solamente ora bo curpa tin mester di nan, asina ta cu ora nan no wordo usa, nan ta montona den bo curpa y asina bo ta subi di peso. Hopi familiaran ta come e cantidad robez di e cuminda robez: dos pida carni, batata/arroz. En vez di e combinacion aki, nan por come un pida carni, un berdura, un cuminda cu hopi zetmeel y un fruta.

E proteina cu bo ta hanja den carni por wordo hanja tambe den productonan di lechi, webo y pisca, pero e cantidad grandi di vitamina y mineral cu bo ta hanja den berdura y fruta fresco, bo no ta hanja den e mesun cantidad den ningun otro cuminda.

Un otro factor di un bon nutricion cu ta wordo enfatisa door di expertonan den nutricion, ta e variedad di cuminda cu un hende ta come. Segun un reportahe, ta importante pa come un variedad di cuminda, pasobra tur por contene un diferente sorto y cantidad di ingredientenan nutritivo. Asina ta cu comiendo un variedad di cuminda un hende por ta sigur cu elo come tur e ingredientenan nutritivo necesario.

Tin hopi di berdad den e dicho cu ta bisa cu "un hende ta, loke e ta come". Un sistema di come balansa conteniendo tur e ingredientenan nutritivo necesario ta un di e mihor recetan pa salud.



G. Tromp, S. Eduarda, J. Croes, M. Geerman, G. Falconi, y L. Janga, recientemente a ricibi nan certificado como Industrial Police Officers.



Algún empleado di departamentonan Technical y Mechanical, recientemente a participa den un curso di Process Control and Applications.

**OPEC . . .**

*(cont. from page 1)*

Venezuela, Iran, Iraq and Kuwait met and decided to form the Organization of Petroleum Exporting Countries. The goals of this organization were:

- To safeguard the interests of its members.
- To maintain prices steady and free from all unnecessary fluctuations.

With time OPEC expanded its membership with Qatar, Indonesia, Lybia, Abu Dhabi (now the United Arab Emirates), Algeria, Nigeria, Ecuador and Gabon for a total of 13 members, seven of which are Middle Eastern States.

**OPEC growing up.**

In its early days OPEC's principal objective was to increase producing governments' revenues and to harmonize the potentially conflicting oil interests of its members. Slowly it grew in strength as a bargaining entity during the 1960's, dictating prices for crude and products and has succeeded up to now in fulfilling its objectives.

The recent era of OPEC/Oil Company relations started in 1970 when the Libyan government restricted oil production at a moment when the world had become increasingly dependent on oil as an energy source and more specifically on OPEC oil. Libya succeeded in obtaining sizeable increases in payments from the oil companies to increase its production. Emboldened by their successes in levering up prices and revenues, the oil producing countries in 1971 pressed for increased income in oil production. The international companies signed the Tehran Agreement which again encompassed sizeable increases for the producing countries.

**A new Concept of Oil Pricing**

Until 1973, free market forces coupled with producing government taxes and royalties were the key elements in determination of crude selling prices. In the fall of 1973, the Gulf members of OPEC became dissatisfied with the Tehran agreement. When negotiations proved inconclusive, the members unilaterally decreed an increase of ± 70 percent in the crude prices.

Effective January 1, 1974 a level was established for a marker crude price (Arab light) of \$/B 8.32 versus \$/B 3.00 just three months earlier. These price increases roughly coincided with the 1973 Middle-East war, the subsequent oil embargo and a general production cutback. These events marked the first instance that OPEC took the pricing function completely into its own hands, and it foreshadowed things to come.

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**Mechanical Shops . . .***Cont. from page 4*

Group members, who are all volunteers, try to find out from the other workers in the shops what they feel about the job, their suggestions for improvements or any questions they may have about job related matters. The members of the group present these matters in their meetings and then a healthy interaction of ideas and thoughts takes place. They feel that these meetings have caused them to have more initiative, to think of ways to improve and also that it has made them feel more involved in the Company.

"I know that the other shop workers who are not in this group feel the same way, because we also involve them.

It used to be that an employee would not bother to give a hand to another unless he was told to do so by the supervisor. Now everybody is more cooperative. Everybody has a positive attitude and there is an atmosphere of harmony in the shops," commented some of the members of the Quality Control Circle. Once the Circle decides they have a good idea, they present it to the Mechanical Shops Zone Supervisor who evaluates it on the basis of practical use and cost. The employees are then questioned on it and encouraged to explain their viewpoint and why they think they have a valuable idea.

If it is decided that the idea is not practical, a complete explanation is given to the Circle members. As a result they go back to work with more information and understanding about the business.



**The Quality Control Circle of the Garage, Machine/Electrical Shops.**

This unique experiment in the Mechanical Shops clearly demonstrates one of Lago's Business Philosophy principles: "Operating excellence is attainable through the participation and involvement of people and their ideas".

**OPEC . . .***(Cont. di pag. 1)*

E reciente era di relacion entre OPEC y Companianan di Petroleo a cuminsa na 1970 ora cu e gobierno di Libya a limita e produccion di petroleo na un momento cu mundo a bira mas y mas dependiente riba petroleo como un fuente di energia, y mas especificamente riba e petroleo di OPEC. Libya a logra obtene aumentonan considerable den pago for di e companianan petrolera pa aumenta nan produccion

Curasha door di e exito cu nan tabatin cu nisamento di prijs y entrada, e paisnan productor di petroleo a pone presion na anja 1971 pa un aumento di entrada den produccion di petroleo.

E companianan internacional a firma e Convenio di Tehran, cual atrobe a logra aumentonan considerable pa e paisnan productor.

**Un Concepto Nobo den Prijsmento**

Te cu 1973, forzanan di mercado liber hunto cu impuesto y pago di derecho di gobierno, tabata e factornan clave den e determinacion di prijsnan di venta pa crudo.

Den otonjo di 1973, e miembronan di OPEC den Golfo a bira descontento cu e Convenio di Tehran. Ora e negociacionnan no a yega na nign conclusion, e miembronan unilateralmente a determina un aumento di  $\pm 70$  por ciento di e prijsnan crudo.

Efectivo dia 1 di Januari, 1974, un nivel a wordo estableci pa un prijs fiho di crudo (light Arabe) di \$/B 8.32 compara cu \$/B 3.00 di apenas tres luna anterior. E aumento di prijs aki a mas o menos coincidi cu e guerra di Medio-Oriente na anja 1973, e

embargo di petroleo cu a sigi y un reduccion di produccion general. E eventonan aki a marca e prome ocasion den cual OPEC a tuma e funcion di prijsmento completamente den su mesun man, y esaki a trese cune un expectativa di lo cual lo bai pasa.

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**Mechanical Shops . . .***Cont. di pag.5*

regular di un di e shopnan en particular, ta presidi e reunionnan. E Circulo ta reporta na e Shop Supervisor cu ta responsabel pa e area ey. Un Shop Steward di IOWUA ta atende tur e reunionnan pa trese Union al tanto di tur e conclusionnan cu ta wordo tuma. E reunionnan aki ta wordo teni pa provee un forum pa discuti diferente maneranan pa haci trabow cu menos peligro, mas facil y mas liher.



**E Circulo di Control di Calidad cu ta cubri Metal y Pipe/Welding Shops.**

Miembronan di e grupo, cualnan tur ta voluntario, ta purba haya sa for di e otro trahadornan di shop, kiko nan ta pensa di e trabow, ki sugerencia nan por tin pa mehoracion of si nan por tin algun pregunta tocante asuntonan di trabow. E miembronan di e grupo ta presenta e asuntonan aki den nan reunion na unda un intercambio saludable di ideanan y pensamentonan ta tuma lugar. Nan ta sinti cu e reunionnan aki a yudanan tin mas iniciativa, pensa riba maneranan pa mehora y tambe cu e reunionnan ta haci nan sinti mas involvi den Compania.

"Mi sa cu e otro trahadornan di shop cu no ta den e circulonnan aki tambe ta sinti mescos, pasobra nos ta envolve nan tambe. Antes tabata asina cu un trahador no lo duna un man na un otro si e no a wordo bisa pa hasi esey door di un supervisor. Awor tur hende ta duna mas cooperacion.

Tur hende tin un actitud positivo y tin un atmosfera di harmonia cu ta reina den shop," asina algun miembro di e Circulo di Control di Calidad comenta.



**E Circulo di Control di Calidad cu ta involvi Instrument Shop.**

Una vez cu e Circulo dicidi cu nan tin un bon idea, nan ta presente na e Mechanical Shop Zone Supervisor, kende ta evalua riba base di uso practico y costo. Algun pregunta ta wordo haci na e miembronan y alavez nan ta wordo curasha pa duna un splicacion di nan punto di vista y e motibo pakiko nan ta kere cu nan tin un idea valioso.

Si wordo dicidi cu e idea no ta practico, un splicashon completo ta wordo duna na e miembronan di e Circulo. Como resultado nan ta bolbe trabow cu mas informacion y comprension di e negoshi.

E experimento unico aki den Mechanical Shops, claramente ta demonstra un di e principionan di e Filosofia di Negoshi di Lago: "Excelencia den operacion por ser logra pa medio di participacion y envolvimento di hendenan y nan ideanan".